

Where will you live, when you wear out your body?

Allison Rapp & Michael Purcell

Invite you to join us for a special, free
Feldenkrais Method® Intro & Demo



- See rare footage of Moshe Feldenkrais
- Watch a hands-on session
- Feel it for yourself --
AWARENESS can
improve your movement,
ease your pain, and
give you a new lease on life!

2 opportunities!

Sunday, February 17, 1:30-3:30

Wednesday, February 20, 6:30-8:30

Briarpatch Community Room

290 Sierra College Dr, Grass Valley

530-274-9977

"Movement is Life."
--Moshe Feldenkrais

1-800-413-3308